

# Recovery Meetings - USA

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## Berkeley - CA

**Venue:** Northbrae Community Church

**Days:** 2nd Tuesday of each month (monthly)

**Time:** 7:30pm - 9:00pm

**Type:** Dharma & Recovery

**Address:** 941 The Alameda, Berkeley, CA 94707 - (Room #1 upstairs)

**Other info:** The Berkeley Dharma & Recovery group is led by Walt Opie (mentored by Kevin Griffin). The purpose of this monthly group is to support those who want to integrate Buddhist teachings and practices into their recovery. We are open to people of all backgrounds and recovery paths, including, but not limited to all 12-Step programs. We encourage the use of mindfulness and meditation and are grounded in Buddhist principles of non-harming, compassion, and interdependence. Each gathering begins with a period of meditation with instructions. New meditators are always welcome. There is time for discussion and each week a recovery/dharma theme is presented.

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